

New Year's Resolutions—Behavior Change

Lose weight. Eat healthy. Manage stress. Exercise daily. Stop smoking.

It is that time of year again for resolutions and new beginnings. Many people are going to make pledges to change their lifestyles and improve their health. Resolutions are not difficult to make, but are seemingly impossible to stick to. If you are among the many people who will resolve to change this year, here are some tips to help you succeed.



Set realistic goals: Experts will tell you the reason for so many failed New Year's resolutions is unrealistic goals. For an inexperienced exerciser to resolve to run a Marathon would be an unrealistic goal. More success is found in choosing simple, attainable goals in a realistic timeframe. For example; if your resolution is to eat healthier, try reducing one specific food from your diet at a time; like French fries, not ALL unhealthy foods.

Make resolutions for you: Many people make the mistake of selecting goals based on their friend's or family's expectations. Choose personal resolutions that you are motivated to change for yourself. Whichever resolution you choose to make, the changes in your lifestyle will affect the others in your life.

Plan for success: Write down what you want to achieve. Make a blueprint for change that will fit into your life. Set small goals for 3 to 6 months time. As you achieve short term goals, progress to new ones. This strategy will give you a sense of accomplishment and will motivate you to continue with your resolution. Take the previous exercise example; rather than trying to run a marathon, set a goal of adding 30 minutes of exercise 3 times a week, and build on that goal. Advance to 5 days a week; add 15 more minutes, try new activities. Then, once your fitness has improved, you might consider participating in a 5K walk/run.

Do not set resolutions beyond your control: To say "I resolve to have a new home by the end of the year," depends on external variables beyond your control (the economy, the market, etc). Instead, resolve to go house hunting twice a month. That way the success of your goal is determined by your actions.

Use a support system: Social support is vital to changing behavior. Your friends and family are especially important when motivation begins to wear off. Find a buddy who is making a resolution too this year. You can support and encourage each other in short term goals and the long-term resolution.

Reward your successes: Congratulate yourself when your intermediate goals or resolutions are met. It can be as simple as a massage, flowers, buying a pair of shoes; you have to find what works for you. But take time to pat yourself on the back.

Expect Slips: If you get off track from your resolution, do not beat yourself up. You haven't failed. Just review your plan (blue print) and make the necessary changes.

Sources: WebMD.com, American Psychiatric Association: www.healthyminds.org, www.medicinenet.com



Upcoming Events

Weight Watcher® at Work

The At Work Program® is a series of motivational meetings at the worksite designed to encourage safe, sensible weight loss and weight control. Each series lasts for 10 weeks and includes weekly, 45-minute meetings facilitated by trained Weight Watchers personnel who themselves have lost weight and kept it off with the Weight Watchers program. Each meeting includes a quarter hour, confidential weigh-in followed by a half-hour meeting. Cost includes weekly meetings and written program materials.

Cost: Participants pay \$59 (Benefit Options Wellness pays the remaining cost of the class).



Length: 45-minute classes held during a 10-week series

Participation: minimum of 18 participants required

Availability: Weight Watchers can bring a series of meetings to your worksite at a variety of times throughout the day. Because the lunch hour is the most popular requested time, the Wellness Program encourages considering "off" times during the day to increase the availability of Weight Watchers to fulfill the request (such as before work, 10:00, 1:30, etc.).

Additional options:

- A current meeting series may be in session in an agency near you at any given time please call Weight Watchers for the schedule.
- Weight Watchers will start a group of employees who would like to start Weight Watchers together but attend regular meetings in their own neighborhoods.

To schedule a series or find an existing series, write to info@weightwatchersaz.com or call 1-800-651-6000, ext.

21. Please identify your agency when you call.



Weight Watchers At Work Program series fees are non-refundable and non-transferable. Members becoming pregnant or relocating outside of Arizona during a series may be eligible for partial refunds.

Mini Health Screening at Work

All State employees are eligible to participate in mini health screenings. Confidential results will be mailed to your home. These screenings are FREE, except where prices are indicated:

- Height & weight; blood pressure; and percent of body fat (body composition).
- Cholesterol (total panel) and blood sugar
- 8-hour fasting is required for this blood draw.**
- Free osteoporosis screening for women 40 and older. \$35 for women under age 40.
- \$5 PSA screening (blood draw) for men 40 and older. \$40 for men under age 40.

You will need your Employee Identification Number (EIN) and Insurance card for this event



NO APPOINTMENT NEEDED!

Coolidge — Tuesday, January 9, 2007
8:00am-10:00am DES.
2800 N. Hwy 87

Phoenix — Tuesday, January 16, 2007
8:00am-10:00am, Dept of Ag.
1688 W. Adams

If you are interested in scheduling a mini-screening at your worksite you can submit a request at: www.benefitoptions.az.gov/wellness

Massage Therapy At Work

This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.

Check the Wellness website for events scheduled in your county.



National StresStation will travel to worksites with at least 15 interested employees (and/or family members). Call National StresStation at 480-990-1701 to discuss having this program at your worksite.

Upcoming Events



Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screening at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member service department for more information.)
Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The M.O.M. van will be parked outside the following locations:

- Phoenix:** *January 26* — Supreme Court
1501 W. Washington
8:00am-5:00pm
- January 31* — AHCCCS
701 E. Jefferson
8:00am-5:00pm
- Mesa:** *January 4* — ADOT
1840 S. Mesa Dr.
8:00am-4:00pm
- Florence:** *January 4* — DOC, Eyman Prison
4374 E. Butte Ave.
9:00am-5:00pm

These statistics show that holding large events in the Phoenix capitol mall area as well as other areas around the State is more effective in serving employees and members. Not only are more employees/members in the area vaccinated, but this frees up time to serve other employees/members in other parts of Arizona. **Because of this success, we will conduct the program this way next year.**

The Wellness Program would also like to sincerely thank all of our Wellness Coordinators and flu site contacts for assisting us in making this year's flu vaccine program a success. Without champions around the state, the Wellness program could not conduct our business.

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available to be requested and scheduled at State worksites.

Wellness events are requested and coordinated by State employees at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn

"How To Request and Schedule Worksite Events."

Event requests must be submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.

[Online Event](#)

[Request Form](#)



Flu Shots — A Success

This year's flu vaccine program was a great success! Through November 30, **13,171 State employees and Benefit Options members received a vaccine, which is the most in ADOA's history.** That's 3,273 more than last year (2005)!

The re-organization of how the program was administered proved to be successful as well. Changes included: combining offices and buildings, having large regional events for highly populated areas and opening Healthwaves public events (3,130 shots were given at public events).

For example, the capitol mall area buildings were combined into three large events at Wesley Bolin Plaza: 2,902 people were vaccinated in 12 hours at these three events. In 2003, 1,729 people were vaccinated in 36 hours across 19 site events in the capitol mall area. **Therefore, in 2006 we vaccinated 1,173 more people in 16 less hours just in that area.**

Good Medical Care and Good Communication Go Hand-in-Hand

Open and precise communication is key in good medical care. Unfortunately, doctors and patients can fail to express their thoughts clearly, which can lead to miscommunication.



Patients may not clearly express their concerns and may be anxious the day of their appointment. Another issue is that there is a difference between what patients most want from their doctors and what the doctors think that their patients want from them. To effectively treat an ailment, both parties must communicate effectively. Here are some tips to improve communication.

- 1) Stay focused on the most important questions. Ask as many questions about symptoms, other illnesses, and family history.
- 2) Learn as much as you can about your ailment. It's important to understand your diagnosis.
- 3) Share your concerns and reactions. Feel free to rephrase, so you fully understand what your healthcare provider is telling you.
- 4) Learn as much as you can about your treatment plan. Ask for detailed information about the medications that are prescribed by your doctor. Research about your medications and look into preventative medicines.
- 5) Build an open and trusting relationship with your healthcare provider. Having an open relationship with your doctor will lead to more comfortable appointments and service over time.



Source: National Headache Foundation Head Lines. March/April 2006, number 149. www.headaches.org.
National Wellness Institute

Pop a Bottle of Bubbly the Safe Way



Toast the New Year, but do it safely to protect your eyesight if you open a bottle of champagne.

For healthy bottle-opening tips, take this advice from eye doctors at the American Academy of Ophthalmology:

- Be aware that a recently shaken bottle increases the risk of eye injury.
- Make sure sparkling wine is chilled to at least 45 degrees F before opening. The cork of a warm bottle is more likely to pop unexpectedly.
- Hold down the cork with the palm of your hand while removing the wire hood. Point the bottle away from yourself and others at a 45-degree angle.
- Place a towel over the entire top and grasp the cork, slowly and firmly twisting it to break the seal.
- Keep the bottle at a 45-degree angle, hold it firmly with one hand and use the other hand to slowly turn the cork with a slight upward pull. Continue until the cork is almost out of the neck. Counter the force of the cork using slight downward pressure just as the cork breaks free from the bottle.

Source: Consumer Health News,
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Persons with a disability may request reasonable accommodation by contacting the ADOA Benefits Office.

If you need this issue in alternative format,

benefit options
wellness!
Be Well Stay Well.